

Variable	Mean	SD	Min	Max
Age	34.5	10.2	21	55
Gender	1.2	0.4	1	2
Marital status	1.5	0.5	1	3
Education	12.5	1.5	9	16
Income	1.8	0.8	1	3
Occupation	1.5	0.5	1	3
Religion	1.2	0.4	1	2
Health status	1.5	0.5	1	3
Stress level	2.5	1.0	1	4
Life satisfaction	3.5	1.0	1	5
Work satisfaction	3.0	1.0	1	5
Family satisfaction	3.5	1.0	1	5
Community satisfaction	3.0	1.0	1	5
Overall satisfaction	3.2	1.0	1	5
Depression	1.5	0.5	1	3
Anxiety	1.5	0.5	1	3
Stress management	2.5	1.0	1	4
Life goals	3.5	1.0	1	5
Work goals	3.0	1.0	1	5
Family goals	3.5	1.0	1	5
Community goals	3.0	1.0	1	5
Overall goals	3.2	1.0	1	5
Depression management	2.5	1.0	1	4
Anxiety management	2.5	1.0	1	4
Stress management strategies	2.5	1.0	1	4
Life goals achievement	3.5	1.0	1	5
Work goals achievement	3.0	1.0	1	5
Family goals achievement	3.5	1.0	1	5
Community goals achievement	3.0	1.0	1	5
Overall goals achievement	3.2	1.0	1	5
Depression management strategies	2.5	1.0	1	4
Anxiety management strategies	2.5	1.0	1	4
Stress management strategies	2.5	1.0	1	4
Life goals achievement strategies	3.5	1.0	1	5
Work goals achievement strategies	3.0	1.0	1	5
Family goals achievement strategies	3.5	1.0	1	5
Community goals achievement strategies	3.0	1.0	1	5
Overall goals achievement strategies	3.2	1.0	1	5
Depression management strategies	2.5	1.0	1	4
Anxiety management strategies	2.5	1.0	1	4
Stress management strategies	2.5	1.0	1	4
Life goals achievement strategies	3.5	1.0	1	5
Work goals achievement strategies	3.0	1.0	1	5
Family goals achievement strategies	3.5	1.0	1	5
Community goals achievement strategies	3.0	1.0	1	5
Overall goals achievement strategies	3.2	1.0	1	5

Year	Age	Sex	Height (cm)	Weight (kg)	Body mass index (kg/m <sup>2</sup> )	Waist circumference (cm)	Hip circumference (cm)	Waist:hip ratio	Waist:height ratio	Waist:weight ratio	Waist:height:weight ratio
1995	18-24	M	175.5	75.5	24.8	85.5	95.5	0.89	0.18	0.003	0.000
1995	25-34	M	178.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	35-44	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	45-54	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	55-64	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	65-74	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	75-84	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	85-94	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	95-104	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	105-114	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	115-124	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	125-134	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	135-144	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	145-154	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	155-164	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	165-174	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	175-184	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	185-194	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	195-204	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	205-214	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	215-224	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	225-234	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	235-244	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	245-254	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	255-264	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	265-274	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	275-284	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	285-294	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	295-304	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	305-314	M	175.5	85.5	27.8	95.5	105.5	0.90	0.19	0.004	0.001
1995	315-324	M	175.5	85.5	27.8	9					